

**ABSTRACT OF THE DISCLOSURE**

A disposable beverage container lid that includes a top wall with a drinking opening formed therein, an annular sidewall downwardly depending from the periphery of the top wall for engaging with the rim of a beverage container, a regulator valve formed directly underneath the drinking opening, and wave-breaker and periphery inhibitor recesses formed in the top wall, to allow the user to drink from the cup without removing the lid while greatly minimizing accidental splashing of the liquid from the cup. The regulator valve includes side and bottom walls with apertures formed therein. The wave-breaker recess has a sidewall portion that reflects waves of liquid from the regulator valve, and another sidewall portion that defines a channel with the annular sidewall in which the regulator valve is disposed. The inhibitor recesses extend down into the channel to prevent waves of liquid traveling therethrough.

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